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Food and Home Notes

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(Ohio)

One cup ($\frac{1}{2}$ pint) whipping cream yields about 2 cups of cream after whipping.

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Sherberts combine well with fruits in cooling appetizers or desserts.

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To be sure of getting quality eggs, buy graded eggs at a market that keeps them in refrigerated cases according to USDA marketing specialist.

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If you're counting calories, you can figure that a large egg has about 80 calories, 60 of which comes from the yolk.

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Put eggs in the refrigerator promptly after purchase — they cannot be expected to maintain their quality if held in a hot car or kitchen.

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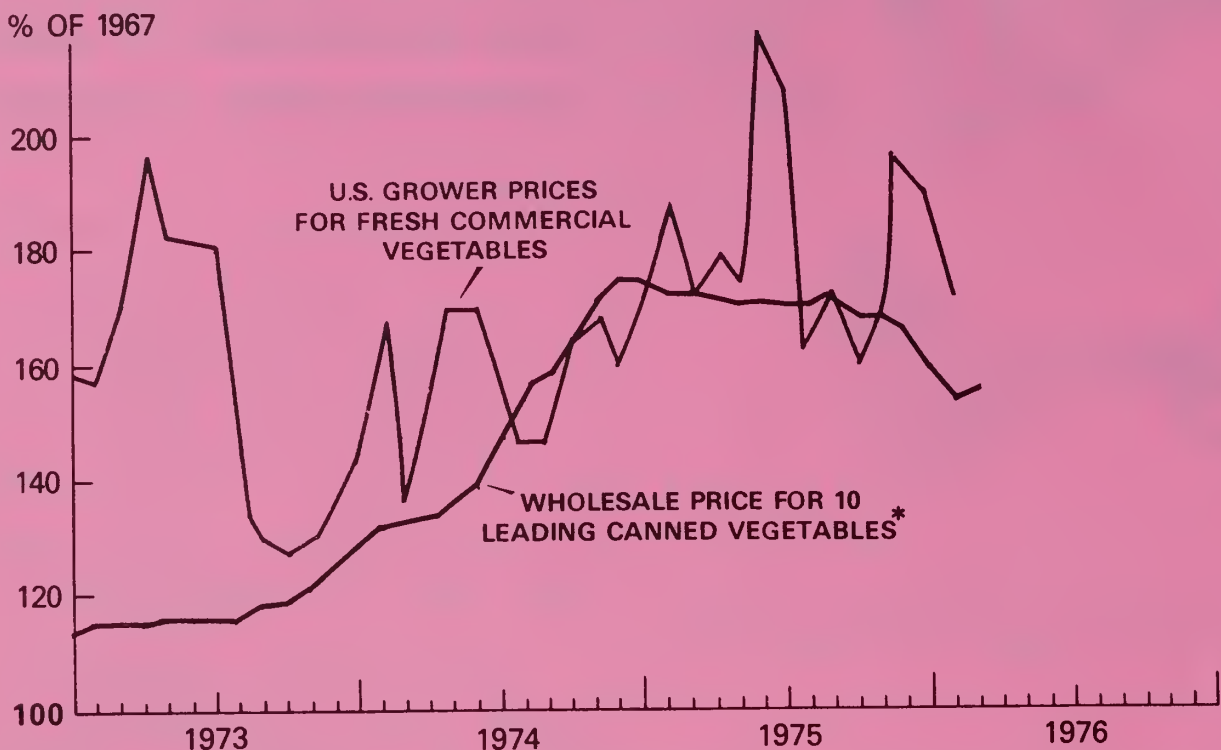
NO TIME FOR BREAKFAST?

Like a hardy breakfast...but there isn't enough time? A solution is on the way...you may soon be able to have a jiffy-quick breakfast of western eggs; eggs and potato patties, creamed eggs with beef, turkey or chicken — or french toast, puffy omelets or even potato pancakes. How?

Scientists at the Agricultural Research Service of the U.S. Department of Agriculture have developed these frozen breakfast products in cooperation with the U.S. Army Natick Laboratories, Natick, Mass. These items can be ready in a conventional oven — just pop'em in and leave 'em — from 11 minutes to a half hour. Timing in a microwave oven? Two minutes from freezer to table. And — taste panels rated all these products very high.

These products can be stored for at least 6 months at zero degrees according to the scientists.

CANNED VEGETABLE PRICES STEADY



*INDEX DEVELOPED BY ERS FOR SNAP BEANS, CORN, PEAS, TOMATOES, TOMATO JUICE, TOMATO CATSUP, BEETS, CARROTS, SAUERKRAUT, AND SPINACH.

Economic Research Service U.S. Department of Agriculture

STUDENT VOLUNTEERS

Lane County, Oregon — Thirty student volunteers from the University of Oregon have logged thousands of hours of their time in a program designed by the Extension Service, the educational arm of USDA, to encourage youngsters to develop good eating habits. More than a thousand children have signed up for the after-school program.

Junior volunteer Pat Au, a 20 year old junior from Hong Kong majoring in public health, received an award for her efforts. Twice weekly, she met with fourth and fifth graders, taught them Orinetal dancing and singing. She made bracelets of four tiny gold bells for each child to symbolize the Basic Four Food Plan for good nutrition.

John Baydo, a senior in health education at the University, works up to 30 hours weekly as director of student volunteers in addition to leading his own weekly program for 250 kids at the Community Center.

The volunteers have one goal — to encourage the youngsters to develop good eating habits.

THE FINANCIAL CORNER I

Mid-way through the year is a good time to reflect on your spending practices according to extension family economist Jo Lawyer, of the U.S. Department of Agriculture.

- 1 - What was last year's total family income? Note take-home pay.
- 2 - What is your present net worth? Deduct all that you owe from the dollar value of what you own.
- 3 - List fixed expenditures (mortgage, installments, utilities) last year.
- 5 - What is your balance between income and expenses? Plus or minus?

Summary: If it's a plus decide how to put it into an investment plan. If it's a minus look for the problem or ways to increase your income or services to the family, or ways to cut expenses.

THE FINANCIAL CORNER II

How do you face those financial problems once you recognize that they exist? Are you a victim of your own lack of planning for your expenses?

- 1 - Are there frequent quarrels about money matters?
- 2 - Are you just waiting for the next paycheck?
- 3 - Do you recognize the cost of credit and decide if it's worth it?
- 4 - Do your credit purchases (besides your home) amount to more than 15% of your family income?
- 5 - Do you constantly borrow from other people or even your own savings account?

Summary: If you've answered yes to some of these, you need financial counseling. You need to face the problems and set up a plan to eliminate some of the pitfalls.

THE FINANCIAL CORNER III

Ever tried a family budget? Extension Specialists at USDA offer some tips for planning your budget.

- 1 - Review your situation with family members.
- 2 - Discuss individual and family goals and wishes, enlist their help.
- 3 - Get a volunteer for a job of family bookkeeper...set up a record system.
- 4 - Review your financial progress periodically.
- 5 - Note the cost of credit — Is there a less expensive credit source available?

Summary: Budgeting can begin at any time, start it NOW. Write all expenditures down and constantly reevaluate what you are spending so you can improve your financial situation.



Story box

UNUSUAL VEGETABLES

Ever wondered what to do with those strange, exotic looking fruits and vegetables in your supermarket produce department? Extension home economists in Ohio have completed two workshops with supermarket personnel in which they have looked at, handled, cooked and tasted many unusual kinds of fruits and vegetables. The purpose has been to train store personnel so they can be more helpful to consumers who want to know - what is it? - how do I use it? - should it be cooked? - how?

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